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Level 4

Sad movies help reduce pain

24th September, 2016

<http://www.breakingnewsenglish.com/1609/160924-painkillers-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-4.html>

Watching sad movies can be just what the doctor ordered. A study shows that sad movies may boost our tolerance to pain. Researchers say that sad movies can increase the amount of endorphins released by the brain. These chemicals are our body's natural painkillers. They relieve physical or emotional pain. Dr Robin Dunbar said the distress people get from tragedy triggers the endorphin system and relieves our pain.

Dr Dunbar conducted tests to find out the effect sad stories have on us. One group of people watched a sad movie about a disabled man fighting homelessness, drugs and alcohol. Another group watched a film on Britain's geology. The pain tolerance of those who watched the sad film increased by 13.1%, while the pain tolerance for those who watched the documentary decreased by 4.6%. One reason we like sad movies is the natural high we get from the endorphins.

Sources: <https://www.theguardian.com/science/2016/sep/21/watching-a-sad-films-boosts-endorphin-levels-in-your-brain-psychologists-say>
<http://www.sciencemag.org/news/2016/09/sad-movies-help-us-bond-those-around-us-and-alleviate-pain>
<http://www.bbc.com/news/science-environment-37418551>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|--------------------------|
| 1. be just what the doctor | a. to pain |
| 2. boost our tolerance | b. emotional pain |
| 3. increase the amount of endorphins | c. system |
| 4. our body's natural | d. ordered |
| 5. They relieve physical or | e. pain |
| 6. the distress people | f. released by the brain |
| 7. tragedy triggers the endorphin | g. painkillers |
| 8. relieves our | h. get |

PARAGRAPH TWO:

- | | |
|--------------------------------------|-----------------------------|
| 1. Dr Dunbar conducted tests to find | a. the documentary |
| 2. the effect sad | b. like sad movies |
| 3. fighting homelessness, drugs | c. stories have on us |
| 4. The pain tolerance of those | d. from the endorphins |
| 5. those who watched | e. out |
| 6. decreased | f. who watched the sad film |
| 7. One reason we | g. by 4.6% |
| 8. the natural high we get | h. and alcohol |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-4.html>

Watching sad movies (1) _____ the doctor ordered. A study shows that sad movies (2) _____ tolerance to pain. Researchers say that sad movies can increase (3) _____ endorphins released by the brain. These chemicals (4) _____ painkillers. They relieve physical or emotional pain. Dr Robin Dunbar said (5) _____ people get from tragedy triggers the endorphin system and _____ (6) _____.

Dr Dunbar conducted tests (7) _____ effect sad stories have on us. One (8) _____ watched a sad movie about a disabled man (9) _____, drugs and alcohol. Another group watched a film on Britain's geology. The pain (10) _____ who watched the sad film increased by 13.1%, while the pain tolerance for those who watched (11) _____ decreased by 4.6%. One reason we like sad movies is the natural (12) _____ the endorphins.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-4.html>

Watching sad movies can be just what the doctor ordered. A study shows that sad movies may boost our tolerance to pain. Researchers say that sad movies can increase the amount of endorphins released by the brain. The chemicals are our body's natural painkillers. They relieve physical and emotional pain. Dr Robin Dunbar said that the distress people get from a tragedy triggers the endorphin system and relieves our pain. Dr Dunbar conducted tests to find out the effects sad stories have on us. One group of people watched a sad movie about a disabled man fighting homelessness, drugs and alcohol. Another group watched a film on Britain's geology. Their pain tolerance of those who watched the sad film increased by 13.1%, while the pain tolerance for those who watched the documentary decreased by 4.6%. One reason we like sad movies is that the natural high we get from the endorphins.

PAINKILLERS SURVEY

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-4.html>

Write five GOOD questions about painkillers in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

